

MEAL CHANT

(Before Meals)

TUN PA LA MAY SANG GYÉ RINPOCHÉ
The unsurpassable teacher is the precious Buddha.

KYOP PA LA MAY DAM CHÖ RIN PO CHÉ
The unsurpassable protector is the precious Dharma.

DREN PA LA MAY GEN DÜN RIN PO CHÉ
The unsurpassable refuge is the precious Sangha.

KYAB NÉ KÖN CHOK SUM LA CHÖ PA BOL
To these Three Jewels, we make this offering.

DEDICATION OF MERIT

(After Meals)

SO NAM DI DI YÉ TAM CHÉ ZIK PA NYI
Through this goodness, may omniscience be attained

TOB NÉ NYÉ PAY DRA NAM PAM JÉ NÉ
May every enemy (mental defilement) be overcome

KYÉ GA NA CHI BAR LAB DRUK PA YI
May beings be liberated from the ocean of samsara.

SI PAY TSO LÉ DRO WA DROL WAR SHOK
Which is troubled by waves of birth, old age, sickness,
and death.